



JBSA Family Advocacy

December 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Love and Logic (LAFB) 1 of 4 1330-1530	2 Active Parenting (FSH) 1 of 4 1300-1500 Dad's the Basics (FSH) 1 of 1 1500-1800 Car Seat 101 (RAFB) 1 of 1 1330-1530
5 Love and Logic (LAFB) 2 of 4 1330-1530 Master Your Emotions (RAFB) 1 of 4 1100-1200	6 Anger Management (LAFB) 1 of 4 1100-1300	7 Master Your Emotions (RAFB) 2 of 4 1100-1200	8 Love and Logic (LAFB) 3 of 4 1330-1530 Stress and Time Management (RAFB) 1 of 1 1200-1400	9 Active Parenting (FSH) 2 of 4 1300-1500 Anger Management (LAFB) 2 of 4 1100-1300
12 Love and Logic (LAFB) 4 of 4 1330-1530 Master Your Emotions (RAFB) 3 of 4 1100-1200	13 Anger Management (LAFB) 3 of 4 1100-1300	14 Master Your Emotions (RAFB) 4 of 4 1100-1200	15	16 Active Parenting (FSH) 3 of 4 1300-1500
19 Anger Management (LAFB) 4 of 4 1100-1300	20	21	22	23 Active Parenting (FSH) 4 of 4 1300-1500
26	27		29	30

CLASSES OFFERED AT FT. SAM HOUSTON – Register for FSH classes by calling 539-6350

Active Parenting of Teens: 2, 9, 16, 23 December / 1300-1500 /FSH FAP building – This class will give parents the confidence and courage to meet the challenges while savoring the joy of their children’s teen years.

Dad’s: The Basics: 2 December / 1500-1800/ FSH FAP building– This class is intended to give you some basic information about becoming a dad and your role as a father. Participants gain helpful lists, guides, and information related to pregnancy, labor, and delivery, communicating with your spouse, caring for an infant and managing family issues

HUGS Playgroup Every Thursday 1000-1200 at Teen Center #2515

CLASSES OFFERED AT LACKLAND – Register for LAFB classes by calling 292-5967

Anger Management: 6, 9, 13, 19 December / 1100-1300/ HAWC – A comprehensive anger program for those who want to examine the different causes of stress and learn techniques to more effectively cope with anger and stress in a group setting.

Love and Logic: 1, 5, 8, 12 December / 1330-1530 / HAWC – This class provides practical techniques to help parents with all ages raise responsible kids, have more fun in their role, and easily and immediately change their kids behavior.

Playgroup Every Thursday 09:30-11:15 at CAMP building

CLASSES OFFERED AT RANDOLPH – Register for RAFB classes by calling 652-2448

Stress & Time Management: 8 December / 1200-1400 / HPRC - for those who want to examine the different causes of stress and learn time management techniques to more effectively cope with every day stressors.

Master Your Emotions: 5, 7, 12, 14 December / 1100-1200 / HPRC - Learn to cope with anger in healthy and productive ways. Get tips on dealing with angry people.

Car Seats 101: 2 December / 1330-1530 / HPRC– This class provides practical techniques to help parents with all ages raise responsible kids, have more fun in their role, and easily and immediately change their kids behavior.